

CERT OFFICE
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Special
points of
interest:

- EVENTS
KORNER
- TRAINING
KALENDAR
- CERT QUIZ

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GLOUCESTER C.E.R.T.

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Newport News Shoot Out Exercise

On the evening of Sunday, June 9th, 2013, again, our CERT Team went into action. This time we assisted the Newport News Police Dept. during a "Shoot out" exercise.

After a hearty dinner of fried chicken, baked & mashed potatoes, sweet corn, gravy, biscuits, coconut custard pie, plus coffee and ice tea, (if it were only so), the team was ready to take on the tasks set by the powers that be.

Actually no food was present except in our minds but it was still great coming together as a team for

a terrific experience.

Some CERT members received moulage with fake blood to simulate injuries.



Others just acted as shoppers and calmly walked through the mall viewing stores.

Without warning, several shots were fired and pandemonium set in. Lucky for us the NNPd were on hand to take out the shooter, and all was okay afterwards. Or was it?

Naturally, treatment of the injured followed, and those that experienced this exercise got a good idea of what to do.

Kudos to those that came out. You are now that much more prepared.

A Special Thank You For Exercise Participation

On behalf of our Emergency Management Coordinator, C. Creig Moore, and CERT Team Program Manager, Jane Wenner, a very special Thank You to the following Team Members:

Bonnie Grant, her husband Al, and daughter Kate, Tim Guju, Bob Warren, Wes Winfree, Sarah Farmer, Cari Browne, Claudia Clifton, and Joe Pescador. Job well done !



KUDOS KORNER

Kudos goes out to all CERT members.

While there is no doubt that everyone is a winner, one member stood out among the rest this month.

CERT member, Dr. Bob Warren, is a multi leveled, inspired and dedicated man. He is a U.S. Army veteran, holds a PhD. degree in something. (not sure of what). He spends his

time trouble shooting problems here and there.

He has made several suggestions to improve the current "CERT Field Operations Guide" put out by the J.L. Darling Corporation, and they have reviewed this information and will be updating the guide accordingly. Can you say "WOW"?!!?

Also, he has done quite a

bit of Gloucester CERT promotional work among several CERT organizations and other communities.

Always looking for new and better ways to make our CERT Team more versatile and visible, he is definitely a fantastic asset.

Special "Kudos" to Dr. Bob Warren. YEA !!!!



Dr. Bob Warren

"The Gloucester Volunteer Fire Department's Incident Commander" w
very
appreciative...

One "Moore" Thought...

On June 24, at 1:30 AM,



Gloucester CERT was called in to assist in the search for a missing teen in the Hickory Fork Road

area. Several CERT members responded, with several more standing by.

The Gloucester Volunteer Fire Department's Incident Commander was very appreciative of the CERT Team's response.

It is these and every event that helps our

CERT team stand out within the community. I would like to thank each and every one of the responders for a job well done.



Did you know...

A hurricane is a tropical cyclone that forms in the Atlantic Ocean, Caribbean Sea, Gulf of Mexico or Eastern Pacific Ocean, with heavy rains and sustained winds of 74 mph or greater. It begins its life cycle as a tropical wave and develops in stages



from tropical depression to tropical storm before reaching hurricane force. If the right conditions last long enough, a hurricane can produce violent winds, incredible storm surges, torrential rains and flooding.

Continued on page 5

What is a Hurricane?



Who's who ...

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CERT— Sarah Farmer, heads the task of assigning volunteers with their strengths at any emergency event.



CERT—Claudia Clifton oversees the Distribution of Material and Supplies. Kindly referred to as “The Mayor” because she knows everyone!



CERT — Marcia West runs the Receiving Unit and makes sure all materiel are on point. Plus her cooking is totally incredible!

CERT QUIZ

1. There are 3 kinds of wildfires: surface, ground and _____.
2. Use _____ when reentering the area after a wildfire.
3. Because men sweat more than women, they are likely to have _____ with extreme heat as a result of dehydration.
4. The risks associated with a heat wave can include: Heat/Sun Stroke, Heat Exhaustion and Heat _____.
5. Coastal storms typically form along the east coast from December through _____.

Bonus: Approximately how many “storm strength” weather disturbances are detected in the North Atlantic each year? _____

All answers are found in Unit 1

Each month we will focus on a unit of the CERT Manual.

TRAINING CALENDAR

JULY—TBA

New CERT training

JULY 27—Home Depot

Safety Fair 10 AM

NOTE! NOTE! NOTE!

In the near future, our telephone # of 693-1391 will no longer be active.

You will dial 693 -1390 and dial extension 2000 for Jane Wenner or follow the telephone prompts.

Please send in any ideas, stories or suggestions for the newsletter.

This is your newsletter and “YOU MATTER”

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EMERGENCY SERVICES

C. Creig Moore—Coordinator
Jane Wenner— Program Manager



Jane's Korner

We are making great progress with the new Gloucester CERT Structure.

We are getting up to speed with training, assigning, and preparing for whatever comes our way.

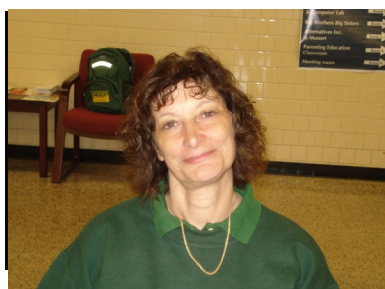
We will be having a new members class in July and the last day we will be having a practical exercise and review that will include all current CERT members.

Being prepared also includes being refreshed with our training. Stay tuned for more training classes.

I appreciate your dedication

and the time that you give to CERT. I am confident that Gloucester CERT is on the way to becoming an even stronger program within our community.

Little by little we are becoming



**Gloucester CERT,
Ready for action**

more and more visible within our community, and that is a very big plus, which goes a long way to help people know who and what we are, and what we are here to do.

This is a reflection on you, and our CERT Team. Thank you so much.

Thank you all, for all you do for Gloucester.

1. Good Samaritan Page 1-22
 2. 1906 / 2000 Page 1-A-4
 3. 275 Page 1-A-4
 4. 85 Page 1-A-11
 5. 900 Page 1-A-11
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A hurricane's thunderstorm bands can produce heavy rains and sometimes generate tornadoes on the coast and inland.

Hurricanes rotate in a counterclockwise direction around a center called an eye. When hurricanes move inland, the heavy rain, strong winds, large waves and storm surge can damage buildings, trees and cars. Storm surge is a very dangerous abnormal rise in tidal water level and a major reason why you must stay away from low-lying tidal areas during a tropical storm or hurricane.

The strongest hurricanes can cause water levels to rise 18 feet or more above normal high tide. This combination of high water and strong seas can be fatal. Storm surge and inland flooding from excessive rainfall can cause significant damage and result in a number of deaths during a hurricane. Citizens can stay safe from surges and inland flooding by evacuating early and staying away from tidal and river areas.

W.M.D. CORNER: by Henry Thompson



As I mentioned last month, a dirty bomb is oftentimes called a “weapon of mass disruption”. It creates panic because people generally have a lack of knowledge regarding radiation. Radiation is all around us and even sometimes within us. Radiation is defined as energy that comes from a source and travels through some material or through space. Light, heat and sound are familiar types of radiation. I want to focus on ionizing radiation which is so called because it produces charged particles (ions) in matter.

Ionizing radiation is produced by unstable atoms. Unstable atoms differ from stable atoms because they have an excess of energy or mass or both and they are said to be radioactive. In order to reach stability, these atoms give off, or emit, the excess energy or mass. These emissions are either electromagnetic or particulate, or both. Alpha and Beta radiation are examples of particulate radiation because mass is given off with the energy of motion.

Alpha radiation is characterized by low energy - I mean really low energy. Typically, they only travel a few inches through the air. As an example, take your thumb and index finger and spread them apart as far as you can. If I stretch real hard, I can hold mine apart about four inches. That's not very far, is it? And it cannot penetrate anything. A sheet of paper will block alpha radiation, as will the outer layer of your skin.

Beta radiation may travel several feet in air and is moderately penetrating. Typically we think of Beta particles as having enough energy to travel four feet in air. As an example, place your hands in front of you and spread your palms apart as far as you can reach. Unless you are an NBA center, your hands are now probably four feet apart. This is how far Beta particles can travel. They can penetrate human skin to the “germinal layer”, where new skin cells are produced. A half inch of plastic shielding provides adequate protection from Beta radiation particles.

Gamma radiation and X-rays are examples of electromagnetic radiation. They are able to travel many yards in air and many inches in human tissue. Gamma rays readily penetrate most materials and are called “penetrating radiation”. I included X-rays because you are most familiar with them due to visits to the doctor and the dentist. Notice the precautions taken the next time you visit one of these practitioners. The X-ray technician either leaves the room or steps behind a shielded partition during the actual emission of radiation. A quarter inch of lead shielding may provide adequate protection from Gamma and X-Rays.

Next month, we will discuss the radiation protection principles of time, distance and shielding. If you have any questions you would like answered in the “WMD Corner”, please submit them to jwenner@gloucesterva.info

Pet and Disaster Safety Checklist:

Courtesy of the American Red Cross

Plan to take your pets with you in an evacuation. If it is not safe for you to stay, it is not safe for them either.



Our pets enrich our lives in more ways than we can count. In turn, they depend on us for their safety and well-being. The best way to ensure the safety of your family is to be prepared with a disaster plan. If you are a pet owner, that plan includes your pets. Being prepared can help save lives.

- Know which hotels and motels along your evacuation route will accept you and your pets in an emergency. Ask if no-pet policies could be waived in an emergency.
- Most Red Cross shelters cannot accept pets because of health issues and safety concerns and other considerations. Service animals that assist people with disabilities are allowed in Red Cross shelters.
- Know which friends, relatives, boarding facilities, animal shelters, or veterinarians can care for your animals in an emergency. Prepare a list with phone numbers.
- Although your animals may be more comfortable together, be prepared to house them separately.
- Include your pets in evacuation drills so that they become used to entering and traveling in their carriers calmly.
- Make sure that your pet's vaccinations are current and that all dogs and cats are wearing collars with securely fastened, up-to-date identification. ALL pet shelters require proof of current vaccinations to reduce the spread of disease.



Assemble a portable kit with emergency supplies for your pets.

Keep items in an accessible place and store them in sturdy containers so that they can be carried easily. Your kit should include:

- Food, drinking water, bowls, cat litter/pan.
- Sturdy leashes, harnesses and or carriers to transport pets safely and ensure they cannot escape.
- A manual can opener.
- Medications and copies of medical records stored in a waterproof container.
- A first aid kit.
- Current photos of you with your pets in case they get lost. Many people look alike, this will eliminate mistaken identity or confusions.
- Information on feeding schedules, medical conditions, behavior problems and the name and number of your veterinarian in case you have to foster or board your pets.
- Pet beds and cots, if easily transportable.